Bunker Not Required Workshop: Student Handbook

Reasonable steps toward emergency preparedness and resilience for individuals, households, and communities



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## Workshop Summary

This workshop will help community members build resilience for emergencies. In the workshop, participants will meet the following learning objectives:

1. Understand what it means to have a healthy relationship with emergency preparedness
2. Understand how to prepare with an “all hazards” approach
3. Understand your role in preparedness as an individual, a household, and a community member
4. Understand how emergency or disaster timeframes affect preparedness
5. Begin your emergency preparedness planning process

This workshop has an informational portion at the start, and then transitions into a heavily interactive portion where the facilitator guides participants through creating their own personal preparedness plan.

## Links to Student Materials

* Activities: <https://docs.google.com/spreadsheets/d/1xJoVTHl3vJWmX1cAgJ3Rap4nobeV6EeffXoeNPNAm3Y/edit?usp=sharing>
* Pre-Test: <https://docs.google.com/forms/d/e/1FAIpQLScax-aYiJm6W1ahKeKl3b3wrCESjFiPk0hSKvEt10bW0h9XFQ/viewform?usp=sharing>
* Post-Test: <https://docs.google.com/forms/d/e/1FAIpQLSfgPv4nlvkQKG9NqzWVB4WW4Geax1jDpWB2q3pbFAmoQYyQpg/viewform?usp=sharing>
* Student Survey: <https://docs.google.com/forms/d/e/1FAIpQLSfjnuxC8mREj_mcff7QpvqxKpSafs63UcqNlGba0ywiAX2uYQ/viewform?usp=sharing>

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## Slide deck with notes & notetaking space

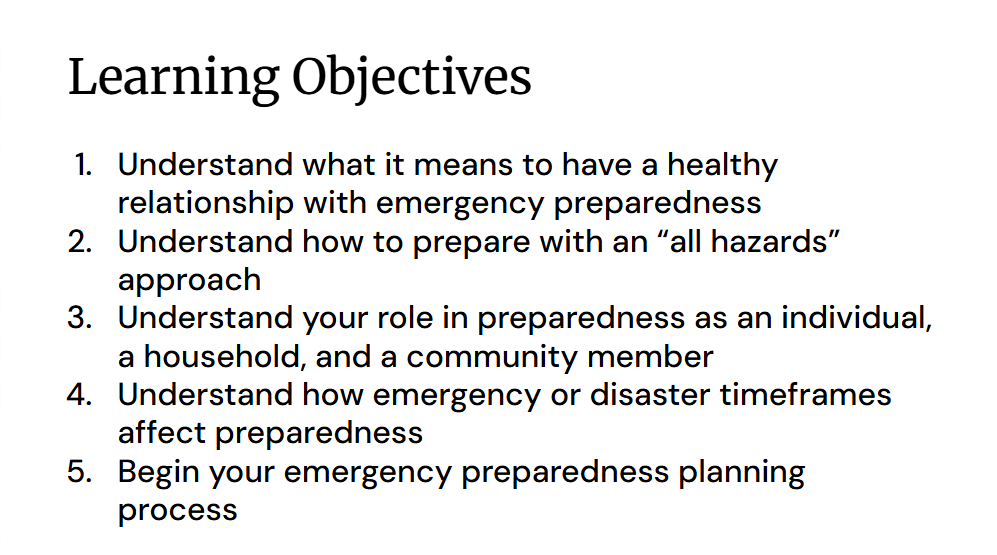
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Slide 1. 

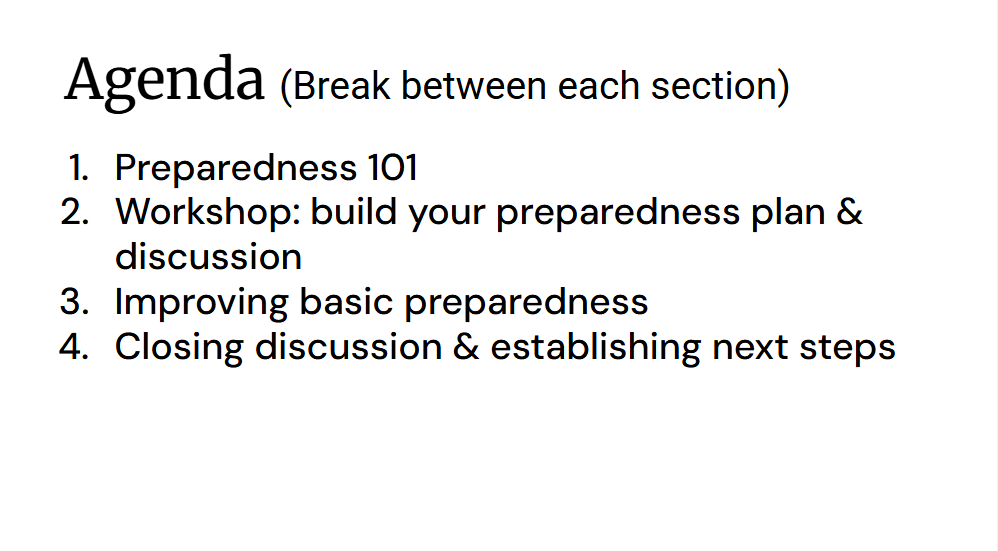
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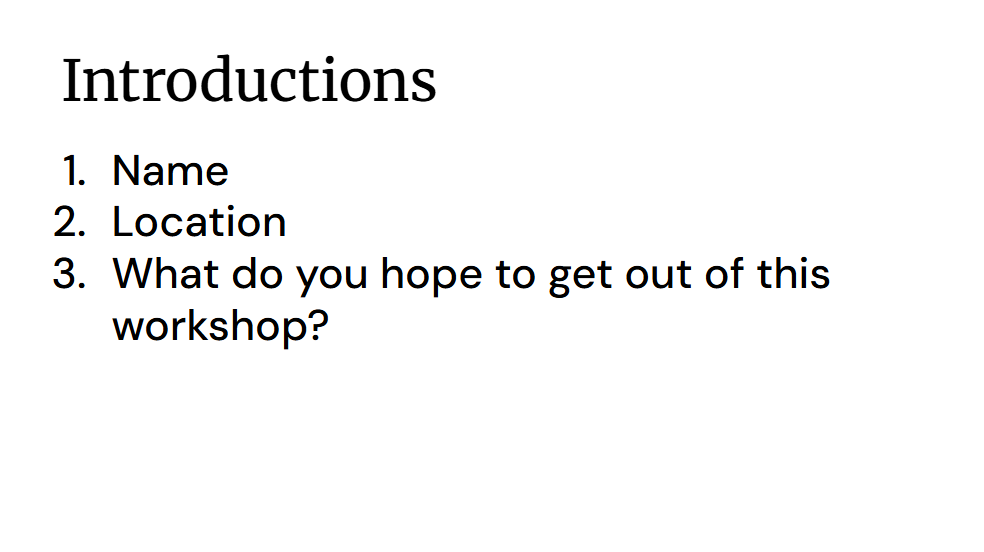
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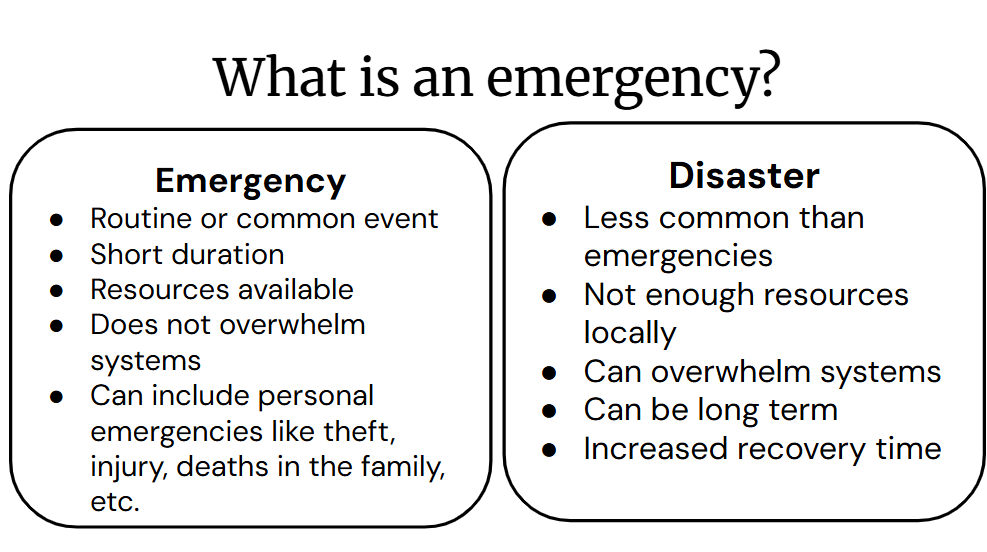
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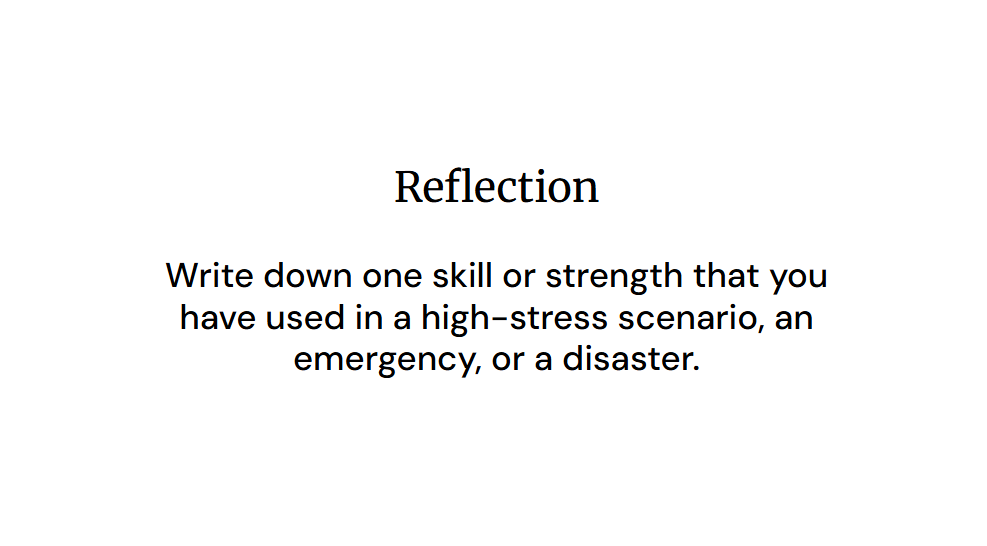
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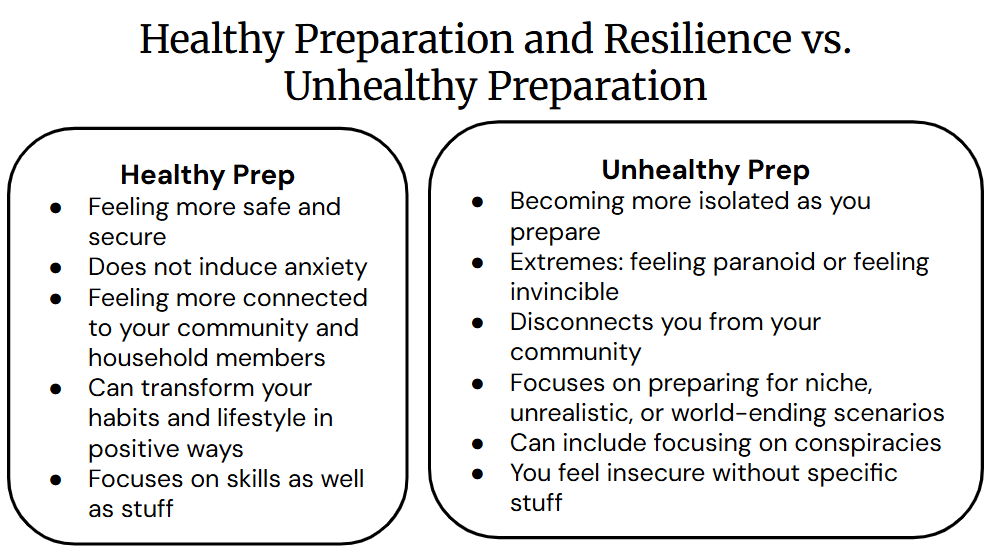
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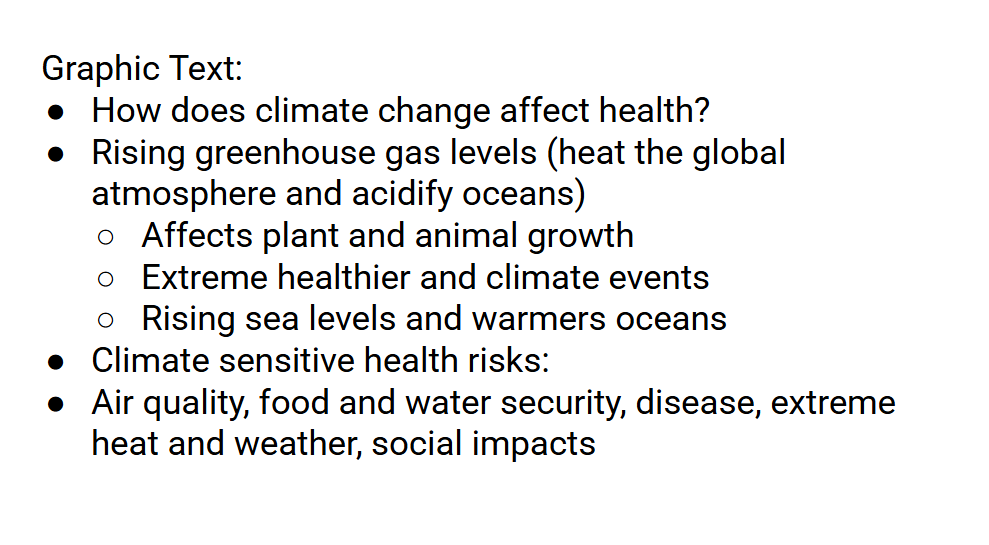
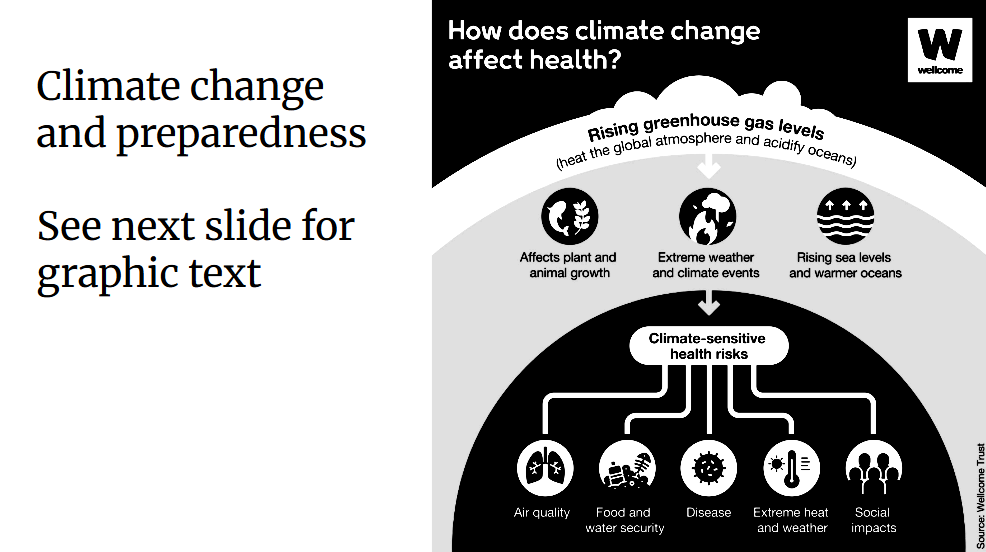
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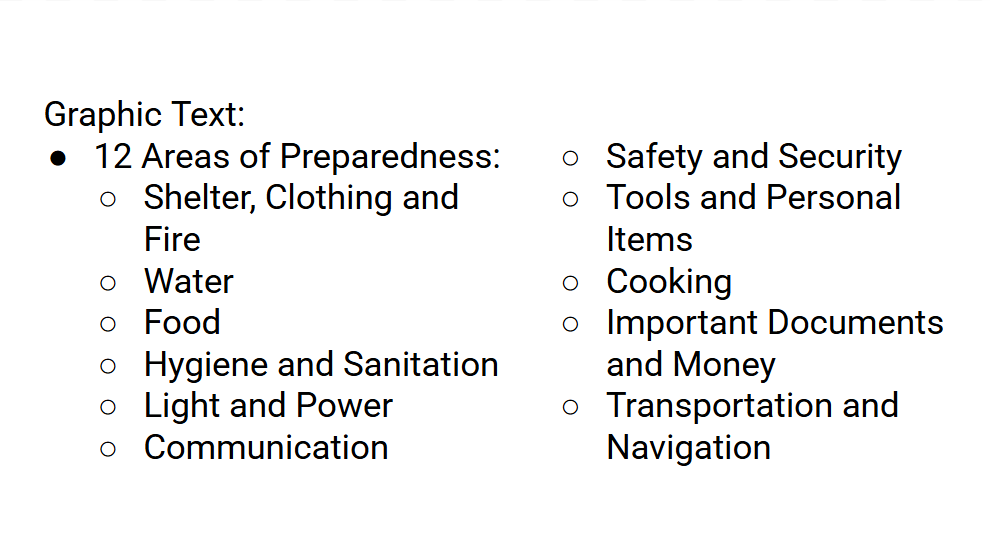
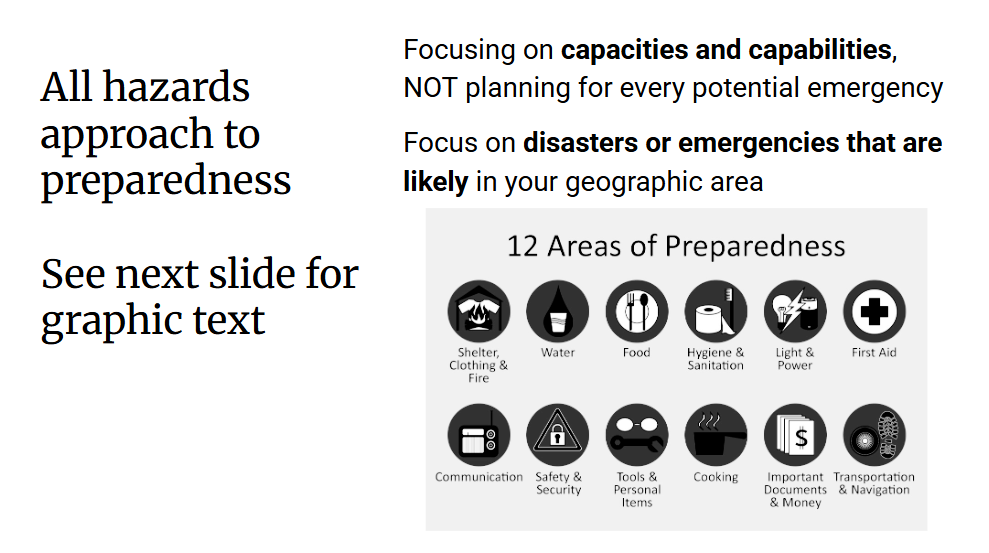
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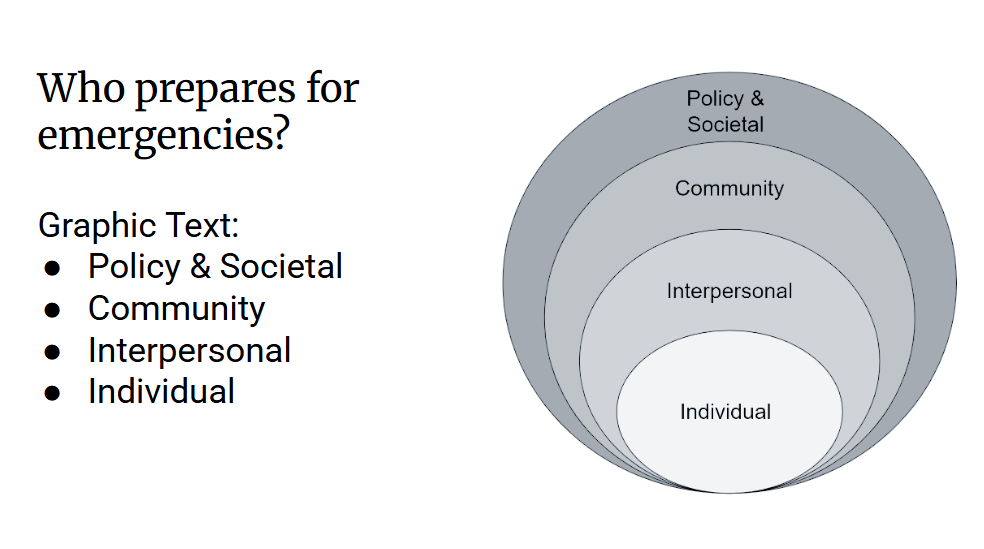
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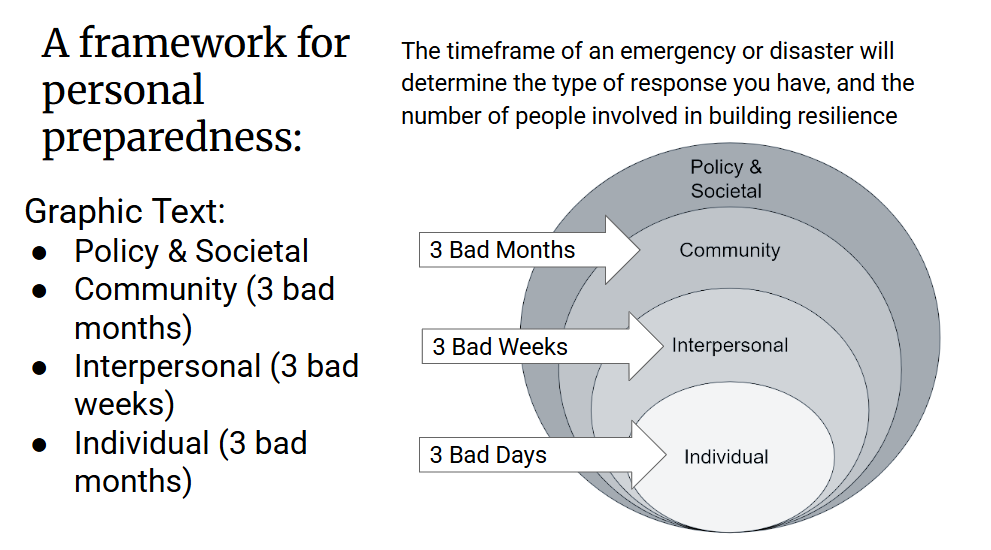
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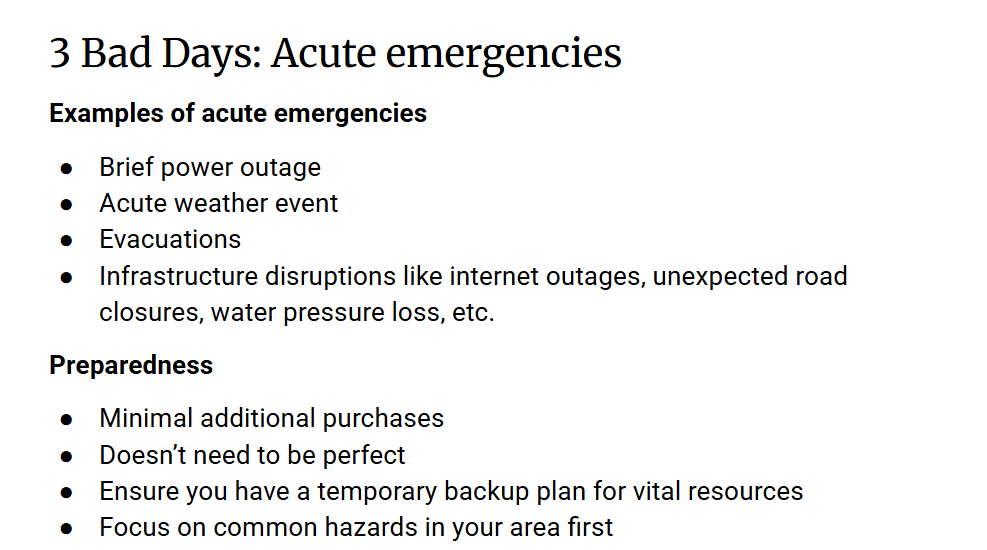
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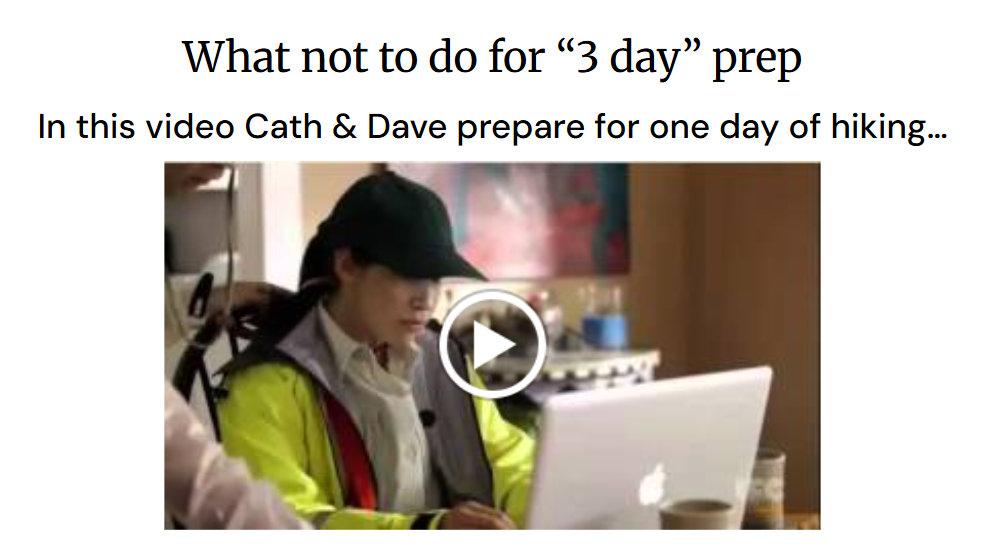


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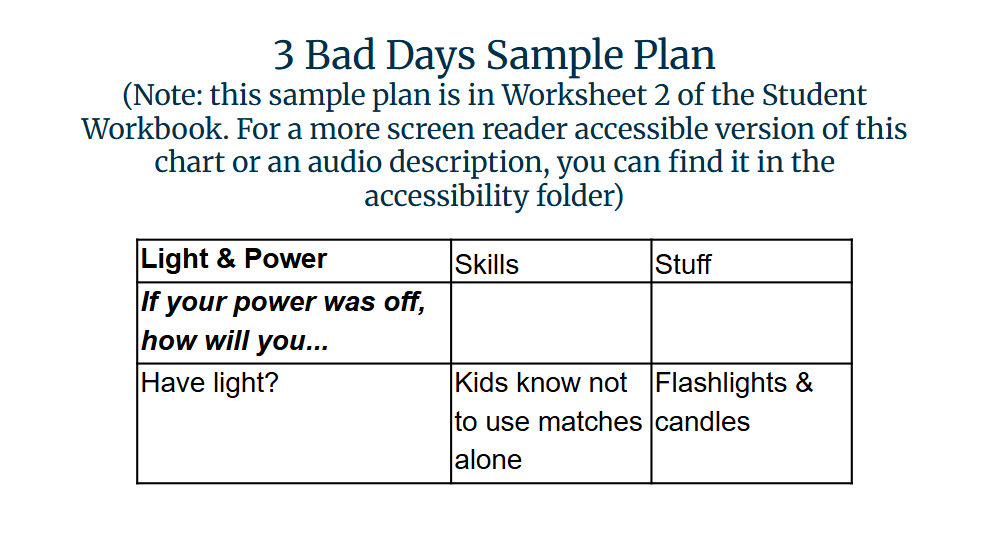


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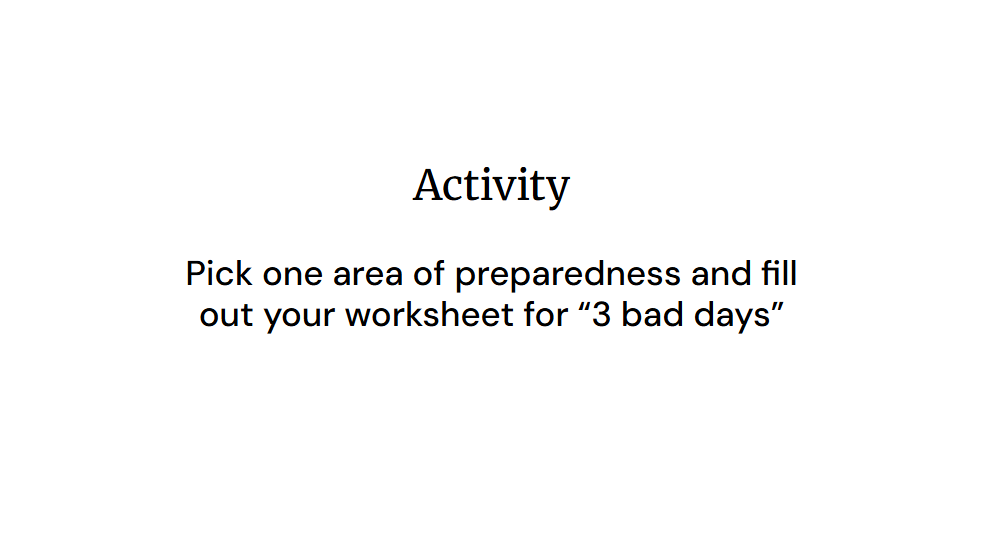
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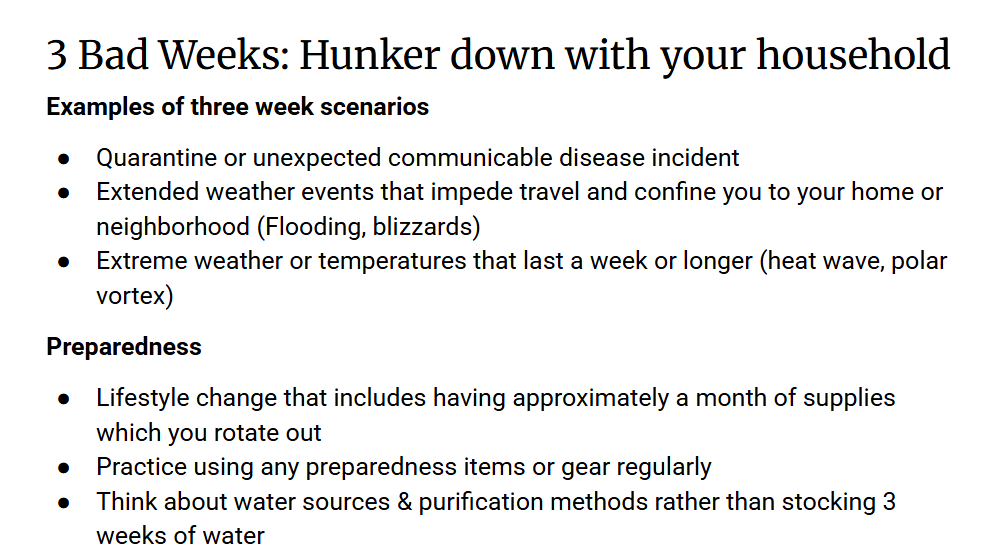
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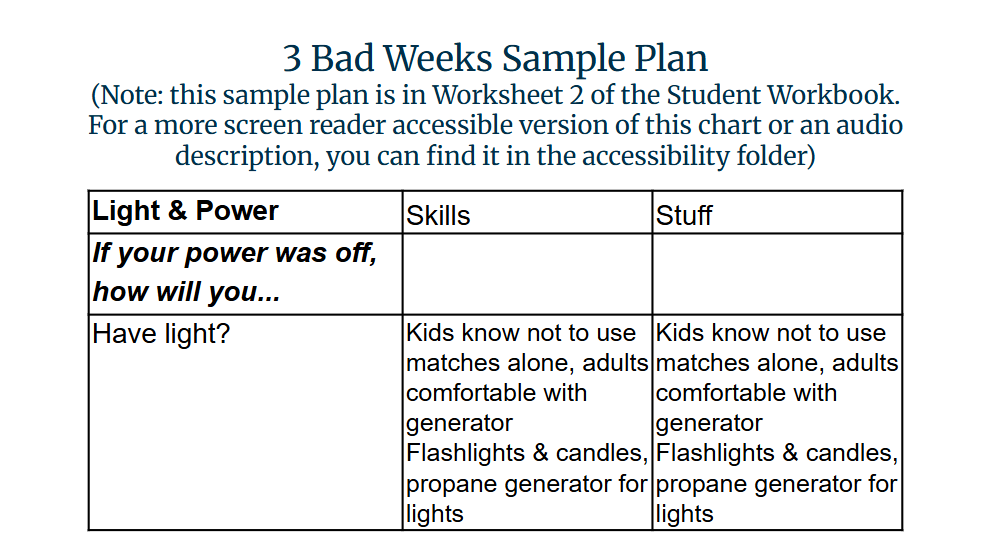
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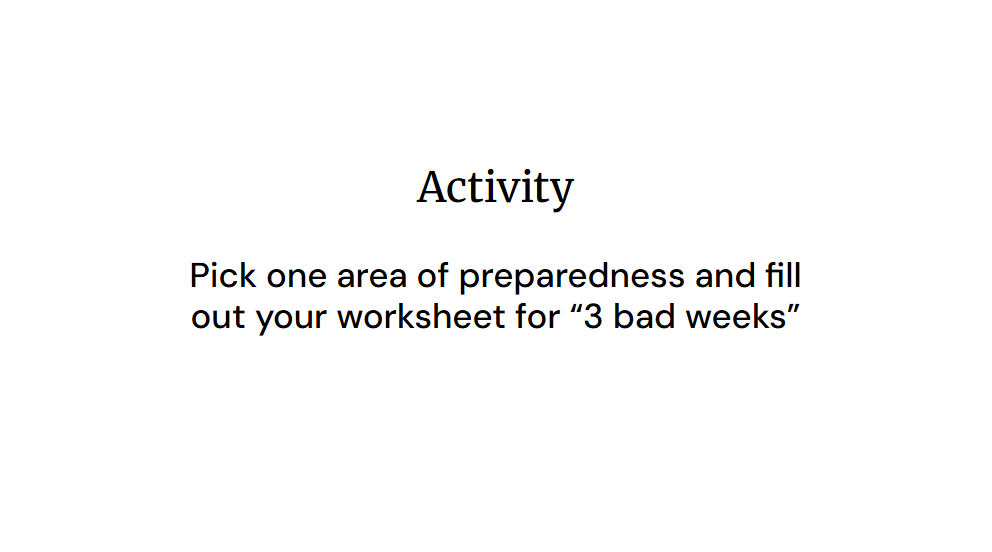
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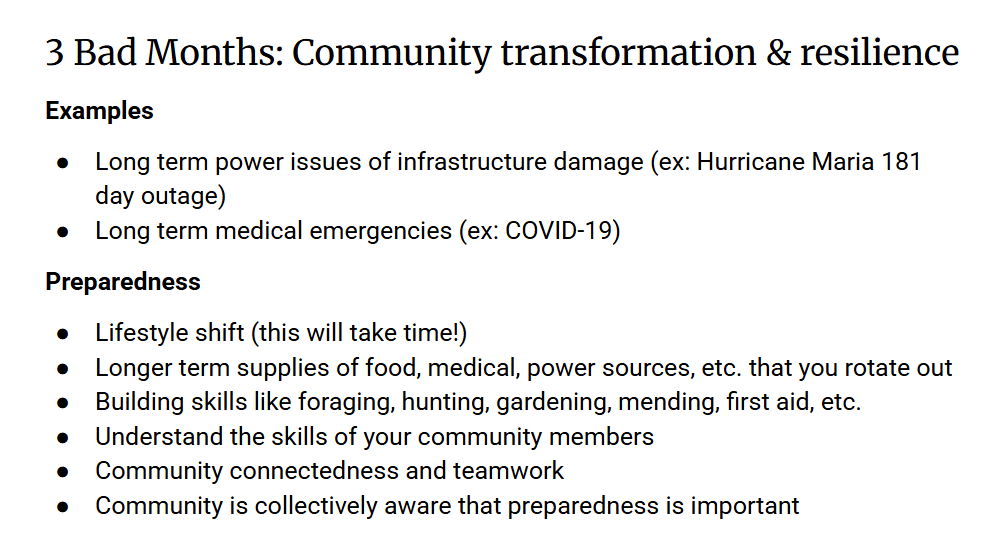
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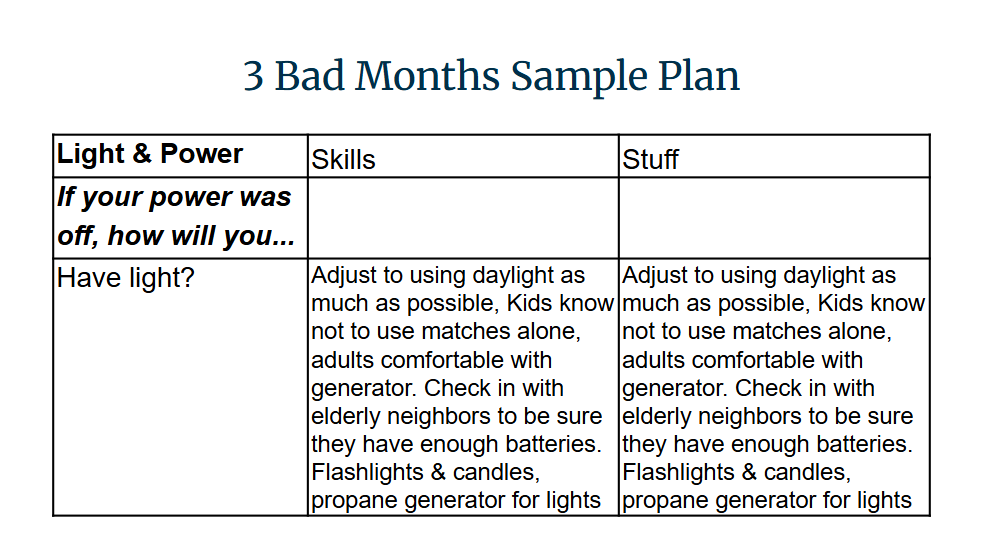
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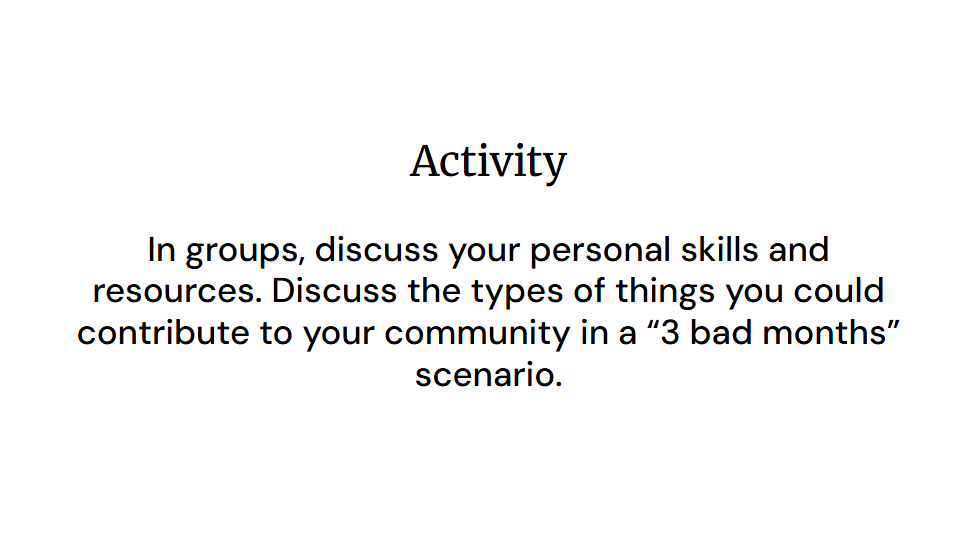
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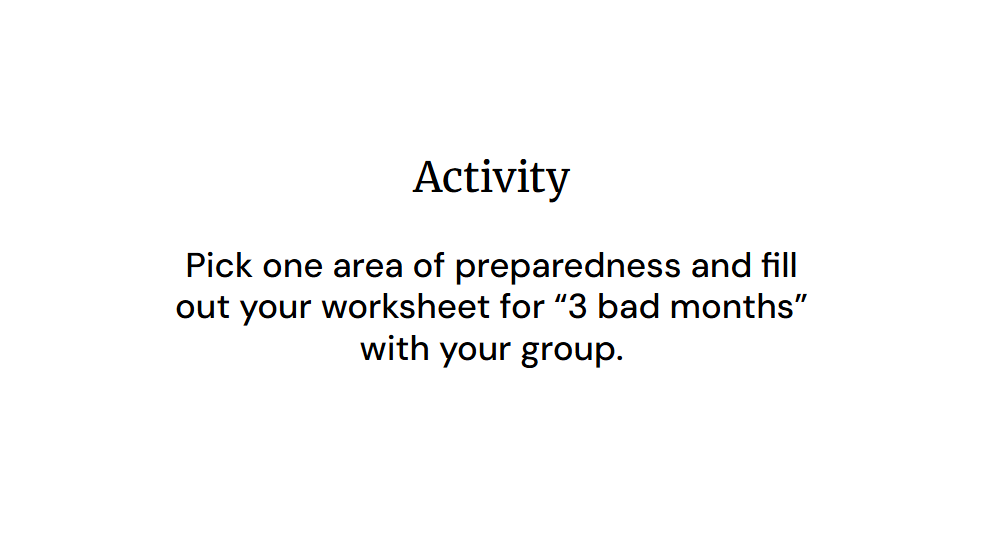
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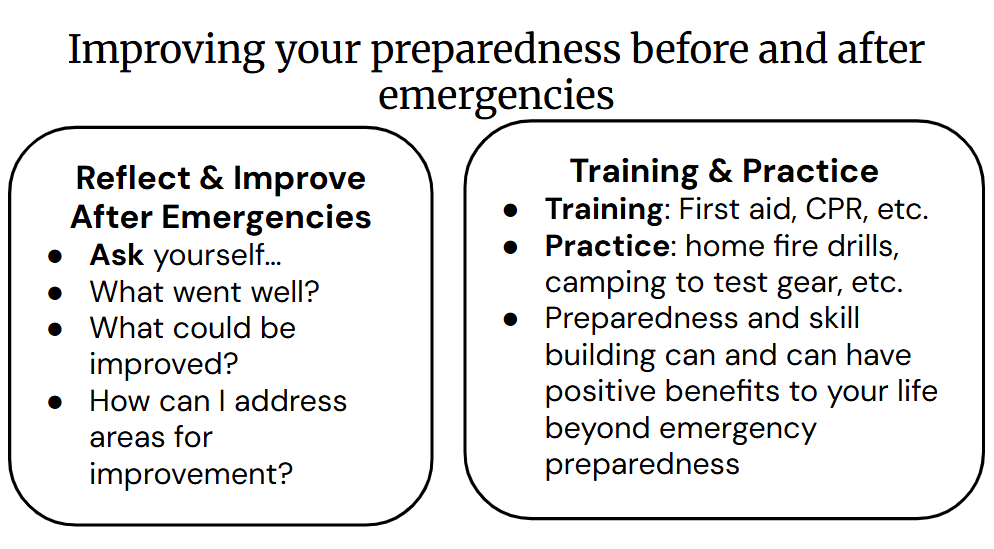
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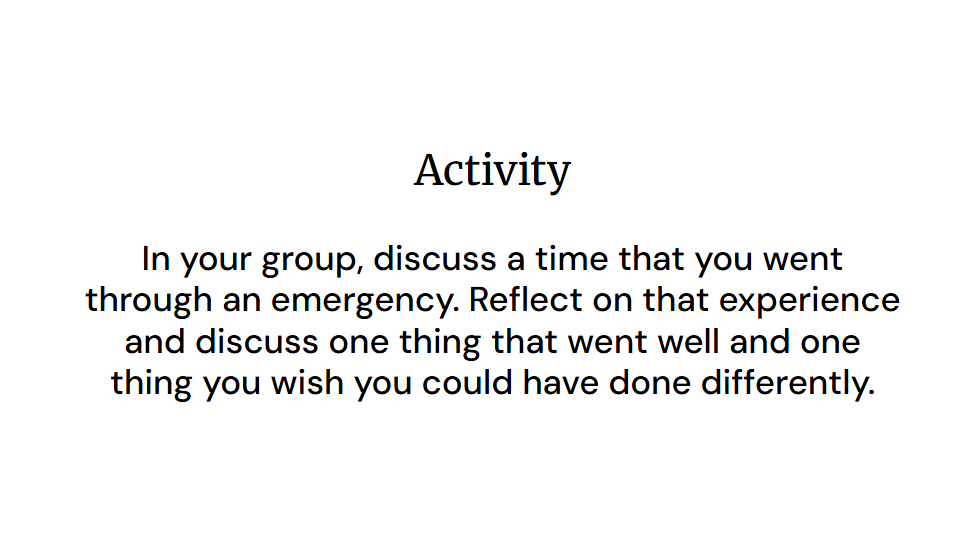
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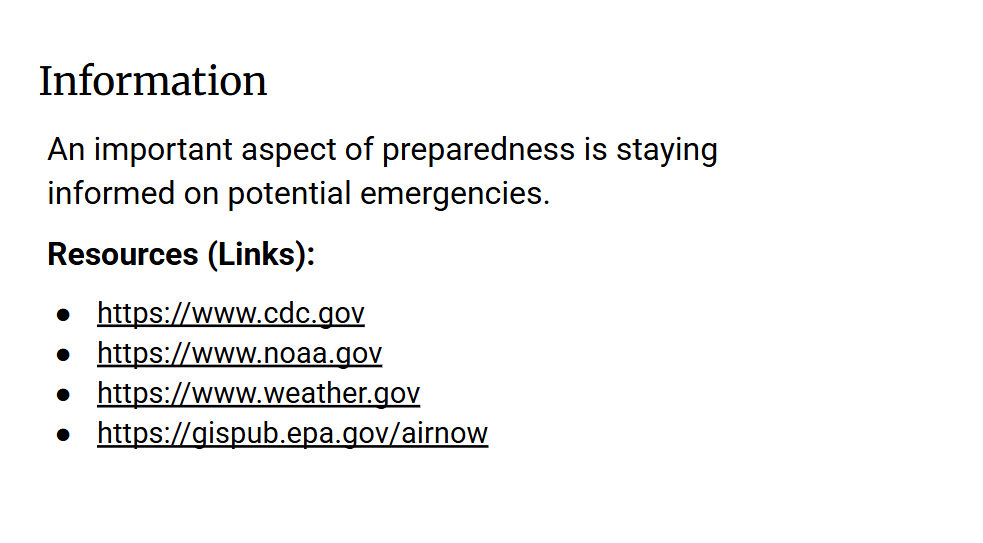
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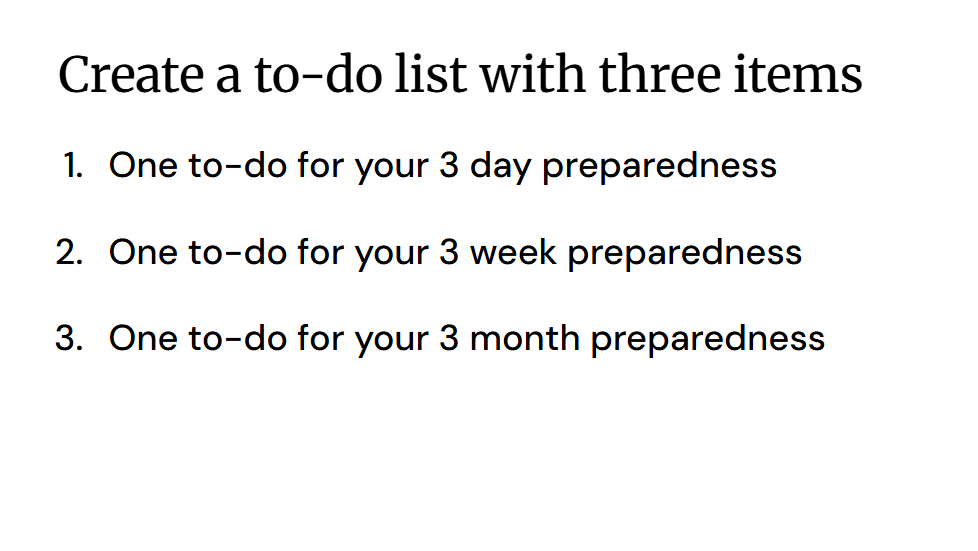
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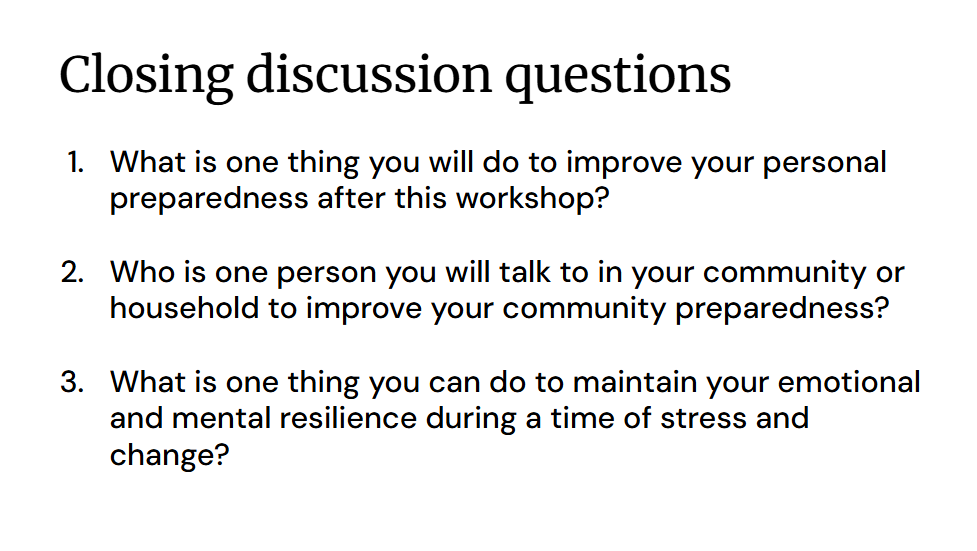
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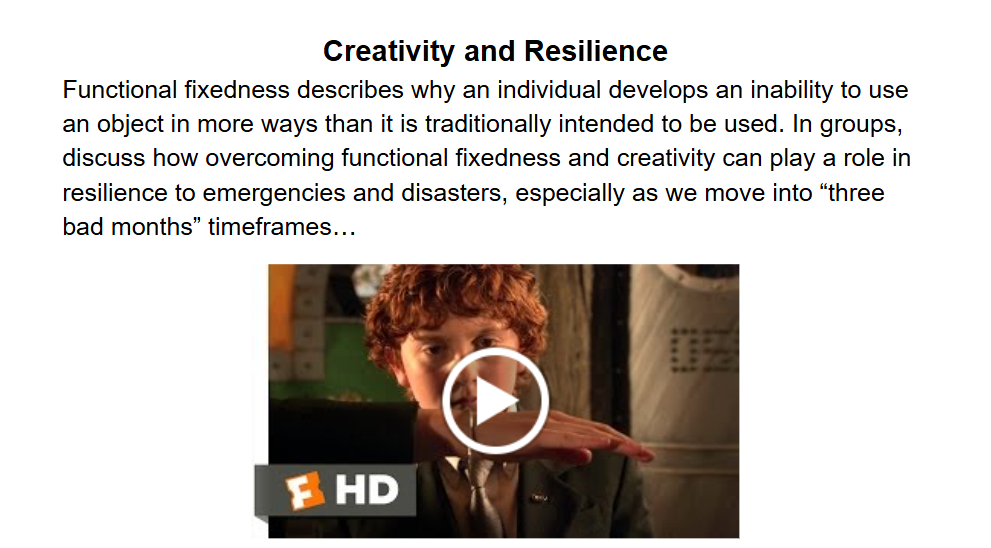
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## Pre/Post Test for Workshop Participants

Name:

Date:

Circle one: This is my pre-test. This is my post-test.

1. What are characteristics of an emergency?
   1. Short-term event that does not overwhelm local resources
   2. Long-term event that depletes local resources
   3. Can be personal, like identity theft, house fires, or death in the family
   4. Has an extended recovery time
   5. A and C
   6. B and D
2. What are indicators of healthy preparation?
   1. Feeling paranoid about emergencies and disasters
   2. Creating back up plans for your basic needs which can be used in any scenario
   3. Preparing for extreme disasters and unlikely scenarios
   4. Preparation includes assessing the specific needs of household members and community members
   5. A and C
   6. B and D
3. Which of these options does **NOT** describe an “all hazards” approach to emergency preparedness?
   1. Stocking supplies that can fulfill all of your basic needs, regardless of the scenario
   2. Stocking supplies for all the emergency scenarios that you can think of
   3. Building skills that are relevant in any scenario, like cooking on a fire or first aid
4. What of these options describes a recommended lifestyle shift as you prepare for three week scenarios?
   1. Having a go bag for evacuations or short term emergencies
   2. Stocking three weeks worth of water for each household member
   3. Talking to your community members about how you can pool skill sets and resources to survive a long-term disaster
   4. Getting in the habit of stocking shelf stable food and rotating these supplies to ensure nothing expires
5. After emergencies, there are three suggested reflection questions that can help you improve your preparedness for future emergencies. Which of these questions is **NOT** one of the recommended reflection questions?
   1. What went well?
   2. What could be improved?
   3. How can I address areas for improvement?
   4. Who in my household/community did not have their needs met during this event?

Name (Optional):

Date:

Instructor Name:

Workshop Location:

1. On a scale of 1 to 5 with one being the worst and five being the best, how would you rate the quality of the instructor?
2. On a scale of 1 to 5 with one being the worst and five being the best, how would you rate the quality of the workshop materials (powerpoint, worksheets, and any other supporting documents)?
3. On a scale of 1 to 5 with one being the least relevant and five being the most relevant, how relevant was this workshop to your life/your personal emergency preparedness?
4. What was the most useful part of the workshop for you?
5. What about this workshop could be improved?
6. Additional comments or concerns: